

Life Skills Flight July 2006

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 	5 <u>Infant Play & Learn Group</u> <u>0930-1030 - Ages 0-1</u> <u>Infant Play & Learn Group-</u> <u>1030-1130 - Ages 1-2</u>	6 <u>Parenting Class - 1430-1630</u>	7
10 <u>Commander's Choice</u> <u>"In Unit Training"</u> <u>How to Avoid Dating a</u> <u>Jerk(ette) - 1200-1300</u>	11 <u>What Happens to Love After the</u> <u>Wedding? - 1430-1630</u>	12 <u>Infant Play & Learn Group</u> <u>0930-1030 - Ages 0-1</u> <u>Infant Play & Learn Group-</u> <u>1030-1130 - Ages 1-2</u>	13 <u>Parenting Class - 1430-1630</u>	14 <u>Commanders/First Sergeants</u> <u>Annual Training - 1145-1300</u> <u>Home Alone Training -</u> <u>1430-1600</u>
17 <u>Commander's Choice</u> <u>"In Unit Training"</u> <u>Stress Relief: Avoiding Burnout</u> <u>1200-1300</u>	18 <u>What Happens to Love After the</u> <u>Wedding? - 1430-1630</u>	19 <u>Infant Play & Learn Group</u> <u>0930-1030 - Ages 0-1</u> <u>Infant Play & Learn Group-</u> <u>1030-1130 - Ages 1-2</u>	20 <u>Parenting Class - 1430-1630</u>	21 <u>Suicide Prevention</u> <u>Training/Workplace Violence</u> <u>Training - 0800-0900</u> <u>Substance Abuse Awareness</u> <u>Seminar (SAAS) 0800-1600</u>
24	25	26 <u>Infant Play & Learn Group</u> <u>0930-1030 - Ages 0-1</u> <u>Infant Play & Learn Group-</u> <u>1030-1130 - Ages 1-2</u>	27	28
31				

LIFE SKILLS FLIGHT CLASS SCHEDULE

Call 449-0175/0176 for information or to schedule a class

“Breakthrough Parenting Program” The purpose of the program is to increase parental skills and tools to promote more effective parenting by understanding the causes of frustrating behaviors and how to address them.

Commanders Choice – Part of Family Advocacy’s mission is to build healthy families through prevention. Commanders can call and schedule training in their unit on topics of their choice to improve and increase their member’s ability to cope with normal life issues by providing education and training to enhance coping skills. Classes may include but are not limited to:

Stress – Anger – Parenting – Dealing w/Teenagers – Effective Communication – Dealing with Difficult People -
Depression – Avoid Marrying a Jerk – Recognizing Abuse – Single Parenting – Dealing w/Loss – Anxiety -
Love Language of Children – Love Language of Adults – Intimacy in Relationships – Why Marriages Fail –

Commanders/First Sergeants Annual Training – Annual mandatory training for all Squadron Commanders and First Sergeants. Please call to reserve a seat.

Home Alone Training – At 10 years old your child can stay at home alone, but is he or she ready? This class is designed to teach children the safety skills needed for staying home alone. Activities include fire safety, safe telephone usage, basic first aid and a home alone contract with parent. Please call to sign up – seating is limited.

How to Avoid Dating a Jerk(ette) - Have you ever had a friend not listen to you when you tell them they’re dating a jerk(ette)? – Over 50% of most marriages end in divorce. This class will focus on how to prevent loss of money, heartache and stress by paying attention to the common reasons relationships fail.

Play and Learn Sessions – Play and Learn Sessions are short learning sessions in conjunction with playtime with your children ages 0-2. Each subject covers a new aspect of your child’s growth and development, nutrition, temperament, discipline, etc. Great opportunities to interact with other Moms and Dads make new friends and enjoy watching your child interact with their peers.

Stress Relief: Avoiding Burnout - Burnout is a total physical and emotional exhaustion combined with a sense of frustration, powerlessness, and apathy – all resulting from job distress – the good news is that it is not inevitable – it can be PREVENTED.

Substance Abuse Awareness Seminar (SAAS) – This class will focus on individual responsibility, values, family dynamics and physiological and psychological effects of alcohol. Please call to reserve a seat.

Suicide Prevention Training/Workplace Violence Training – Annual mandatory training for individuals who did not get trained with unit. Please call to reserve a seat.

“What Happens to Love After the Wedding?” - A four session couples communication fun class that is open to all. You do not have to be married to attend this class. Singles are encouraged to attend. The class will explore the reasons people marry and what happens to relationships after the wedding.

ALL CLASSES ARE HELD IN LIFE SKILLS NEW BUILDING #554- ACROSS FROM MEDICAL CLINIC.